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## Opportunities to co-create and deliver short breaks: integrating research and practice

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# Opportunities to co-create and deliver short breaks: integrating research and practice

There are exciting opportunities to co-create and deliver short breaks for carers underpinned by a robust research evidence base. Here we describe a UK Research and Practice Development Group recently established to take forward research and practice on meaningful short breaks.

## Group Aims:

- Support the building of research/practice partnerships to deliver nationally and internationally excellent work that makes a positive difference to the everyday lives of carers and people with complex support needs.
- Facilitate knowledge exchange between academia, policy and practice in ways that encourage innovations in policy and practice development.

## Vision:

- Research shall focus on supporting the delivery of broad ranging benefits from individual health and wellbeing through to policy change and enhanced service provision.
- Anticipated benefits for carers and people with complex support needs include:
  - Positive, sustainable caring relationships.
  - Individualised breaks, responsive to need and personal preferences.
- Co-produced research shall support the effective implementation of policy and practice commitments to carers, including:
  - Piloting innovative ways to deliver short breaks.
  - Commissioning future provision that makes most effective use of resources.



Emma Miller and Karen Barrie (2018) <http://learn.sssc.uk.com/popr>

## Outcomes for carers:

- The work is underpinned by long term and continuing work in Scotland and Wales on the outcomes important to carers and the proposed research will develop the evidence base on the outcomes associated with short breaks.

Challenges facing development of short breaks provision:

- Limited evidence base underpinning

the commissioning and delivery of short breaks.

- Limited resources to develop, pilot and evaluate innovative breaks provision.

## Membership:

- Academic and practice-based collaborators from across the UK regions.
- We welcome opportunities to work with international collaborators.

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